

LYNN COUNCIL ON AGING SENIOR CENTER



September 2018

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Happy National Senior Center Month! Whether you are a regular at the Lynn Senior Center or you are looking to visit or take a trip with us for the first time, we want you to celebrate this month with us!

We kick this month off with a cook-in. We have to squeeze in as much summer as we can into the last warm days! Then, we will go on a beautiful boat cruise in Gloucester Harbor where we will enjoy a full lobster lunch. Next we will unveil a wonderful mural that was created by our seniors and an intern here at the center.

September is packed with prizes and entertainment as well. We will revisit Beatlemania with a game show all about the famous band. Reminisce with us while we listen to their most popular music. Play to win prizes there, then get some tickets for our annual penny sale to win more goodies! Another big trip this month will be to Provincetown on Cape Cod. I love visiting the Cape in the fall when it is cooler and a bit quieter.

Please feel welcome to join us for these activities and many more this month as we celebrate our Senior Center!

From Your Mayor

Summer has come to an end and I hope you are excited for the start of fall. As we head into September, we start to experience the beautiful foliage with vibrant fall colors that New England is known for.

Last month we began to display various works of art outside my office. There are some great pieces from the Lynn Council on Aging Senior Center Art Group. Please come and take a look these talented seniors' artwork, you will surely enjoy them.

I invite you to attend the upcoming happenings here at the City Hall Auditorium: Just Imagine Piper as Lennon on September 14th, 4U A Celebration on September 22nd, Tommy James & Peter Noone on September 28th, WAR on September 29th, and Christian Nodal De Tu Mano Tour on September 30th. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

The City is continuing to flourish with activities and I continue to work hard to ensure that Lynn is a place where we can all live, work and play.


Hope you enjoy this Labor Day weekend with Family and Friends. This is a time to reflect on all the hard working people in the Labor Movement who have contributed to our great community!

Wishing you a safe and fun start to a new school year and fall.

Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME

 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
www.cuffemcginn.com

Elder Service Plan of the North Shore, Inc.

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 • Adult Day Centers • In-home Support and Care
 9 Buffum St., Lynn
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BANECARE
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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Erica Brown
Program Coordinator ext. 618
Rosa Paulino-Diaz
Activities Assistant ext. 625

Hours of
Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers President
Minette Lall Vice President
Lester McClain Clerk
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
Ellen Cash Recording Secretary
George Harvey Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: Sep 27 Oct 25 Nov 29 Dec 27
Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

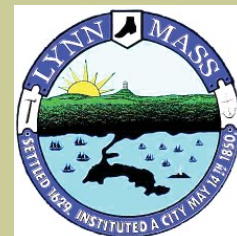
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

In honor of Erica Brown and all the hard work
and help she has given me
~Joanne Rosen

In loving memory of John Joseph Fallis, Ann
Marie Fallis, and Edward Androwicz
~Kevin John Fallis Jr.

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

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Now Accepting Applications
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Call 781-593-5700

HARBOR 90FT
ADAPTIVANTS

CASINO TRIPS

Plainridge \$10 September 18th

Pre-paid reservation required. Marquee Rewards card number needed.

Small buses leave Lynn Senior Center 8:30am and leave the casino promptly at 3:30pm. Book your rides home for 5:00pm.

Mohegan Sun \$32 October 16th

Need 40 sign ups by October 5th

Bus leaves Center 6:30am
Returns to Center 6:30pm



Coach buses are equipped with handicap accessibility and WI-FI!

****Refunds will only be issued if you notify us 24 hours in advance, or if we sell your seat.****

MUSICAL AND JOY-BASED T'AI CHI

Tai Chi \$5

Second and Fourth Mondays

Large Activities Room

10:00 am—11:00 am

Instructor, Mike Elliott

Musical and Joy-Based Tai Chi is a choreography of movements and poses that acts as a great form of exercise! It elevates heart rate, builds muscle tone, increases balance, energy, and mobility, improves posture, and decreases stress and pain.

PENNY SALE

Sponsored by the FRIENDS of the Lynn Council on Aging
Penny Sale!

Thursday September 13th

12:00pm—1:00pm

Tickets will be sold 1 for \$1 or 6 for \$5

We are now accepting new or like new donations. Examples include unused candles, beauty product sets, or other small items. Please drop off donations at the senior center.



ZUMBA GOLD RETURNS

Zumba Gold will resume again at the Senior Center beginning

Thursday September 13th

Every Thursday

1:00pm--2:00pm

SENIOR TAX ABATEMENT WORKOFF PROGRAM

APPLICATIONS AVAILABLE FOR 2019 DUE OCT 31

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$57,000 for single homeowner; \$86,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check,

Privacy Statement, and Confidentiality Agreement required.

Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than

January 31st of the fiscal year to participate in the program.

Maximum annual abatement of property taxes shall not exceed \$600 for 54.54 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600.

Abatement is applied to the first tax bill of the following year.

Applicants must apply and be subject to the lottery process annually for participation in the program.

Questions? Call Erica at 781-586-8618.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

Sep 5	Zookeeper	2011	PG	1h 42m
Sep 12	Black Panther	2018	PG13	2h 15m
Sep 19	All the President's Men	1976	NR	2h 18m
Sep 26	Jumanji: Welcome to the Jungle	2017	PG13	1h 59m



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





WE MAKE IT HAPPEN

Call for a free Consultation Or Visit us online

Home Health Services

45 Albion Street • Wakefield MA 01880 • 781-224-3600
North Shore Offices Phone: 978-774-2005 • 978-777-6009
www.BestMakesItHappen.com

Place Your Ad

SEPTEMBER HAPPENINGS

- Mon Sep 3** **SENIOR CENTER CLOSED—Happy Labor Day!**
- Tue Sep 4** Birthday Karaoke 11:30am—1:00pm
- Wed Sep 5** Cook-in celebrate senior center month and the end of summer with us! 11:00am-12:00pm
- Thu Sep 6** Lobster Cruise-Reservation required 9:30am—3:30pm
- Mon Sep 10** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Sep 11** Presentation with SeniorLife Insurance 9:30am-10:30am
- Wed Sep 12** Beatlemania Gameshow 9:00am-10:00am
- Wed Sep 12** Congressman Seth Moulton public office hours for current concerns and questions & meet and greet 10:30am
- Thu Sep 13** Penny Sale 12:00pm—1:00pm
- Thu Sep 13** Zumba Gold returns 1:00pm—2:00pm
- Thu Sep 13** Ice Cream Truck *free to seniors* 2:00pm—2:30pm
Sponsored by: Life Care Center of the North Shore
- Thu Sep 13** **SENIOR CENTER CLOSED AT 3:00PM**
Please schedule rides for 2:30pm
- Tue Sep 18** Plainridge Casino \$32 8:30am—6:30pm
Prepaid reservation required—see page 4
- Wed Sep 19** Field Trip: Provincetown \$15 6:30am—4:30pm
- Thu Sep 20** Live entertainment: Denise Doucette 12:30pm—1:30pm
- Thu Sep 20** Ice Cream Social \$0.50 1:30pm
Sponsored by: FRIENDS of the LCOA
- Fri Sep 21** Flu Clinic 9:00am-12:00pm
Sponsored by: Walgreens Pharmacy
- Fri Sep 21** Brown Bag 9:00am—12:00pm
Sponsored by Greater Boston Food Bank
- Mon Sep 24** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Sep 25** Field Trip: Flaming Grille Buffet \$2 11:00am—1:15pm

Hatch Hearing Aid Center

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**YOUR
AD
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CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR
90FT
ADAPTIVE

COME TOGETHER FOR BEATLEMANIA!

Wednesday, September 12th

9:00am—10:00am

Beatlemania gameshow with prizes!
We want to hold your hand as you play and test your
knowledge of the Fab Four



Don't want to play? Just Let It Be and
Twist and Shout to your favorite songs.
Join us and take a trip down Penny
Lane...oops, make that memory lane!

**YOUR
AD
HERE**

**CALL
TODAY**

LOBSTER CRUISE

Gloucester Lobster Luncheon & Cruise with Entertainment
New England clam chowder, steamed lobster. BBQ chicken, corn on the cob,
potatoes, and dessert



Cash bar

\$70.00



Pick up and advanced payments at:

9:30am Lynn Senior Center 8 Silsbee Street, Lynn

Thurs, SEPTEMBER 6th

Board boat at 11:00am—sail until 2:00pm

Return to Lynn approximately 3:30

Limited seating **RESERVE EARLY SEATS SELL QUICKLY**

No refunds unless seat is sold

Questions? Call Erica 781-586-8618 or Rosa 781-586-8625 #_____

Name_____ tele_____

Address_____

Emergency contact name_____ tele_____

Payment: Cash ☐ Check ☐

Reservation #_____

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in your
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Wellness Watch September 2018



Interested in learning more about healthy eating?

Wellness Pathways at Greater Lynn Senior Services is participating in a Healthy Eating study to help advance the **Healthy Eating for Successful Living in Older Adults Program**. The study involves evaluation of the program in order for it to be qualified as evidence based.

WE WANT YOU!

Anyone 18 years or older is eligible to participate. Participants will receive a \$20 gift card upon completion of the study time period.

What does the study involve?

Option 1: This study is 8 weeks long with an additional 6 month follow-up session. The sessions entail a full 6 week workshop to learn more about nutrition, physical activity, and lifestyle changes to promote better health, along with 3 additional sessions for completion of questionnaires and surveys.

Option 2: this study is conducted over a 6 month timeframe only meeting at three specific time periods during those 6 months. You will be asked to attend Week 1: Baseline, Week 8: End line, and 6 Month: Follow-up Sessions. During each of these sessions, we ask that you complete a series of questionnaires and evaluation surveys.

Interested in learning more?

Call Kelsey Magnuson for more information and to be put on the contact list for the upcoming study sessions.

Kelsey Magnuson: 781-586-8530

This study is being conducted through the Healthy Living Center of Excellence, and is sponsored by AARP Foundation

the
healthy living
Center of Excellence

AARP Foundation®



SENIOR CENTER ACTIVITIES • September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MONDAYS)	10:00-11:30 OIL PAINTING	9:30-10:30 BEGINNER'S TAP	8:00-11:00 KIOSK (IN2L)	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	11:00-12:00 LUNCH	8:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	10:00-11:00 ACRYLIC PAINTING	1:00-2:45 BINGO
12:00-1:00 SPORTS CLUB	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	10:30-12:00 JAPANESE BUNKA EMBROIDERY	
1:00-2:45 BINGO	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	11:00-12:00 LUNCH	
			12:30-2:30 ZUMBA GOLD	
			2:00-3:00 HORSE RACE GAME	

OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
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- On-site maintenance
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- Accepting applications



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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE * SUBACUTE CARE * PHYSICAL THERAPY
OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE

SEPTEMBER AT THE SENIOR CENTER

L	Z	U	M	Y	E	D	G	P	E	N	N	R	F
E	O	E	G	D	I	R	N	I	A	L	P	L	E
D	Y	B	G	A	A	F	B	W	I	C	A	B	N
N	V	U	S	E	M	O	N	H	C	M	B	O	T
H	N	W	O	T	P	E	N	Z	I	S	M	A	E
B	E	A	T	L	E	S	S	N	N	R	U	T	R
X	L	B	L	U	J	R	G	T	I	S	Z	L	T
O	A	R	T	F	U	G	C	C	L	V	B	E	A
H	S	G	A	B	R	T	U	R	C	A	M	F	I
F	Y	J	U	I	F	L	U	C	U	D	V	J	N
I	N	B	L	N	I	A	L	P	L	I	M	O	M
D	N	L	P	T	O	T	E	Q	F	L	S	B	E
S	E	N	I	O	R	C	E	N	T	E	R	E	N
Q	P	O	R	L	A	R	U	M	W	L	G	M	T

LOBSTER CRUISE

BEATLES

GAMES

PENNY SALE

ZUMBA

PTOWN

PLAINRIDGE

FLU CLINIC

ENTERTAINMENT

SENIOR CENTER

FLAMING GRILLE

MURAL

September 2018

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFÉ MENU – SEPTEMBER 2018

GLSS NUTRITION
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.)	MEALS SUBJECT TO CHANGE WITHOUT NOTICE		
<p>3</p> <p>HOLIDAY</p> <p>NO MEAL SERVICE</p>	<p>4</p> <p>Stuffed shells/sauce(505)* Salad/dressing(62) Calories-732 Sodium-826</p> <p>ALTERNATIVE</p> <p>Oven fried chicken(250) Rice/bean sauce(60),salad Calories-723 Sodium-700</p>	<p>5</p> <p>Cold roast beef/salad(126) Pasta salad(100) Calories-900 Sodium-540</p> <p>ALTERNATIVE</p> <p>Veggie burger/roll(670)* Sweet potato wedges(187) Calories-700 Sodium-960</p>	<p>6</p> <p><u>SEPTEMBER SPECIAL</u> Chicken parmesan/sauce Fettucine noodles Zucchini/summer squash Baked dessert Garlic bread Calories-828 Sodium-778</p>	<p>7</p> <p>Rib-b-cue/sauce(579)* Mashed potatoes(109) Calories-630 Sodium-1057</p> <p>ALTERNATIVE</p> <p>Beef/onion(100) Carrots(43),potato(109) Calories-615 Sodium-665</p>
<p>10</p> <p>Breaded fish/sauce(275) Macaroni/cheese(260) Calories-862 Sodium-925</p> <p>ALTERNATIVE</p> <p>Garlic chicken(116) Calories-600 Sodium-610</p>	<p>11</p> <p>Turkey/gravy(487) Mashed potatoes(109) Calories-606 Sodium-926</p> <p>ALTERNATIVE</p> <p>Egg/cheese croissant(410) Calories-615 Sodium-840</p>	<p>12</p> <p>Deviled egg salad(310) Potato salad(303) Calories-614 Sodium-1013</p> <p>ALTERNATIVE</p> <p>Beef picadillo(370) Calories-800 Sodium-738</p>	<p>13</p> <p>Meatball sub/sauce(452) Salad/dressing(62) Calories-806 Sodium-840</p> <p>ALTERNATIVE</p> <p>Macaroni and cheese(520)* Calories-800 Sodium-962</p>	<p>14</p> <p>Chicken fajita(275) Corn/red pepper(10) Calories-727 Sodium-742</p> <p>ALTERNATIVE</p> <p>Seasoned pork(110) Calories-682 Sodium-685</p>
<p>17</p> <p>Hamburger/roll(574)* Potato wedges(200) Calories-820 Sodium-1152</p> <p>ALTERNATIVE</p> <p>Garlic fish(150) Calories-673 Sodium-843</p>	<p>18</p> <p>Tarragon chicken salad(192) Coleslaw(167) Calories-700 Sodium-956</p> <p>ALTERNATIVE</p> <p>Pasta/white beans/cheese(100) Calories-800 Sodium-827</p>	<p>19</p> <p>Baked haddock(150) Caesar salad(262) Calories-690 Sodium-974</p> <p>ALTERNATIVE</p> <p>Cheese quesadilla(383) Calories-700 Sodium-950</p>	<p>20</p> <p>Cheese lasagna/sauce(405) Green beans(5) Calories-600 Sodium-714</p> <p>ALTERNATIVE</p> <p>Chicken stew/yucca(200) Calories-700 Sodium-650</p>	<p>21</p> <p>Polynesian chicken (105) Fried rice(64) Calories-782 Sodium-564</p> <p>ALTERNATIVE</p> <p>Chicharrones(pork)(310) Calories-750 Sodium-832</p>
<p>24</p> <p>Beef stew(117) Mashed potato(109) Calories-832 Sodium-677</p> <p>ALTERNATIVE</p> <p>Veggie Shepherd's pie(200) Mashed potato(109) Calories-800 Sodium-744</p>	<p>25</p> <p>Teriyaki chicken meatballs(450) Jasmine rice(4) Calories-627 Sodium-774</p> <p>ALTERNATIVE</p> <p>Pork\ BBQ sauce(275) Plantains(16) Calories-750 Sodium-650</p>	<p>26</p> <p>Turkey sandwich(537)* Pasta salad(100) Calories-631 Sodium-919</p> <p>ALTERNATIVE</p> <p>Beef/chinichurri sauce(140) Spanish beans (126) Calories-800 Sodium-605</p>	<p>27</p> <p>Orange chicken(329) Mashed potatoes(109) Calories-600 Sodium-658</p> <p>ALTERNATIVE</p> <p>Cheese pizza(340) Green beans(5) Calories-600 Sodium-603</p>	<p>28</p> <p>American chop suey(316) Salad/dressing(262) Calories-680 Sodium-791</p> <p>ALTERNATIVE</p> <p>Bean/cheese burrito(250) Peppers/onions(58) Calories-718 Sodium-700</p>

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thu Sep 20 & Oct 4

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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